



# Wellness group

A 16-session, free psychotherapy group for self-identified male (18+) survivors of sexual abuse who seek support to deal with the impact of unwanted sexual experiences, whether recent or from years ago.

## Who can participate?

Self-identified males, inclusive of 2SGBTQ+ individuals, who are sexual abuse survivors, and:

- are willing to commit and consistently participate in the full 16-session cycle
- are willing to engage in experiential and self-reflection activities during and in-between sessions
- have done some work on emotional regulation strategies
- who had individual therapy (or are still engaged in individual therapy).

## Dates & Time

Wednesdays, starting Feb. 19 and ending May 28, 2025 | 2 - 4 p.m.

## Location

Family Service Toronto, 355 Church Street

## Registration

This group is free. Pre-screening, 30 min, is required.

Contact Family Service Toronto Service Access Unit

**416.595.9618** or [sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)



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**United Way**  
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